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MEDIA RELEASE

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UM TO OFFER NIGHT COURSE IN GERIATRIC NUTRITION

Geriatric nutrition, a course on the nutritional needs of the elderly, will be offered by the University of Montana home economics department winter quarter.

The course will be taught Mondays from 7 to 9 p.m. starting Jan. 9. Jackie Reilly, a registered dietitian who holds a master's degree in nutrition from the University of Kentucky, will teach the course.

Basic nutrition is a prerequisite for the course but can be waived by the instructor.

The course will deal with general nutritional needs of the elderly, including therapeutic diets, such as low sodium and fat-modified diets for people with heart disease, and diet modifications for those who are either underweight or obese.

Instruction also will address the financial problems of the elderly and what foods are good nutritional values. How to meet the special needs of the handicapped will be discussed.

Information also will be given about local community programs, such as Meals on Wheels and Senior Citizens Center meals, and other nutritional options for the elderly such as food stamps.

According to Reilly, the 3-credit course will be of particular interest to senior citizens, geriatric health care professionals, nursing home personnel and people with elderly relatives.

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